



# Creating a Culture of Recovery

Process, Responsibility and Support



Thursday, September 19, 2002  
8:00-4:30

The Mountaineers Building  
300 3rd Ave W,  
Seattle, Washington

## What is Recovery?

Recovery is a "deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills, and /or roles...to live a satisfying, hopeful and contributing life even with limitations caused by the illness."  
(Anthony 1993)

King County embraces the principles of recovery, believing that for people with mental illness, recovery often means finding what has been lost in their lives due to their illness – the opportunity to make friends, use natural supports, make choices about services, work and a place to live – and developing skills for coping with their illness. Services are organized and delivered to support clients in achieving their recovery goals.

"There's nothing magical in recovery. It takes commitment, perseverance, inspiration, and hard work. Additionally, it takes encouragement and support by a lot of people for anyone with a mental illness to succeed in the recovery process. Most of all it takes time. It takes application and practice. It gives way to self- understanding, knowledge, and participation in life." (Schmook 1998)

Schedule of Events

8:00  
Registration and Continental Breakfast

8:30  
Welcome and Introduction  
Jackie MacLean, Acting Director, King County Department of Community and Human Services

9:00-10:15  
Establishing a Definition and Hope for Recovery  
Virginia Selleck

10:30-11:45  
Morning Workshops

- Innovation and Commitment to Recovery for organizations and systems – Virginia Selleck
- What is Recovery in the delivery of services? – Joe Marrone
- Consumer and family responsibilities/possibilities in Recovery – Peggy Swarbrick
- Voices of Recovery – personal sharing of recovery – (facilitated discussion)

12:00-1:30  
Lunch  
Inspiration (consumer, family, case manager, provider testimonials) facilitated by Peggy Swarbrick

Lunch will be provided.

1:45-3:15  
Afternoon Workshops  
(repeat of morning sessions)

3:30  
Closing  
A call to action and next steps – Joe Marrone

4:30  
Adjournment

A Resource Room with information about Recovery and local resources will be accessible throughout the Symposium.

Featured Speakers

Virginia Selleck, Ph.D.  
Virginia is with the Adult Mental Health Division of the Minnesota Department of Human Services. Her responsibilities include the Adult Mental Health Initiative, a systems change process that has created a more robust community service system for adults with serious mental illness. Current priorities concern moving the state system to adopt Evidence Based Practices in order to support the recovery of people with serious mental illness. Prior to moving to Minnesota in 1992, Virginia worked at Thresholds in Chicago, IL. Thresholds is a psychiatric rehabilitation program that seeks to enable people with serious mental illness to live and work in the community.

Peggy Swarbrick, M.A., O.T.R.  
Peggy is the Associate Director of Collaborative Support Programs of New Jersey, a consumer run organization. Peggy is currently a doctoral candidate at New York University. She will share her experiences, insights and passion for a recovery/wellness framework she believes has the potential to empower many mental health consumers and professionals to capitalize on personal strengths, achieve personal goals and improve the quality of their lives.


Joe Marrone  
Joe is Senior Program Manager for Public Policy at the Institute for Community Inclusion at Children's Hospital in Boston. Currently based in Portland, Joe consults with several large CMHC in the region as well the State of WA, Mental Health Division. Joe has been on the faculties of the New England Psychiatric Rehabilitation Training Program and the University of Mass. at Boston. Joe has been widely published and has lectured, trained or consulted in 48 states as well as Canada, Puerto Rico and Europe.


Transportation

The Mountaineers Building  
300 3rd Ave West  
Seattle, WA  
(206) 281-7775

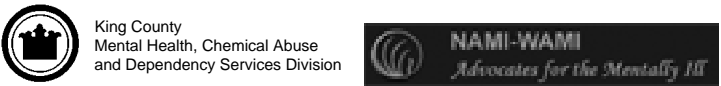
Bus Routes:  
19, 24 or 33 – pick up on 4th Ave in Downtown; exit at Western Ave W & Elliot Ave W

Parking:  
There are a number of pay parking lots in the area (avg. cost \$5)

 This location is wheelchair accessible. Sign language interpretation is available upon request. If you need sign language interpretation or other accommodations, please call (800) 790-8049 or TTY (206) 291-1059 by Thursday, September 12.

 This material is available in alternate formats for persons with disabilities upon request. Please call (800) 790-8049 or TTY (206) 291-1059 for assistance.

Sponsored by:  
King County Mental Health, Chemical Abuse and Dependency Services Division  
NAMI-WAMI Advocates for the Mentally Ill



In partnership with:  
United Behavioral Health



Registration

Creating a Culture of Recovery  
September 19, 2002  
Seattle, Washington

Name \_\_\_\_\_  
Organization \_\_\_\_\_

Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Day Phone \_\_\_\_\_  
Fax \_\_\_\_\_  
Email \_\_\_\_\_

Please check request:  
☐ \$25.00 - Conference Fee  
☐ CEU Credit

Consumer Scholarship  
☐ Full (zero fee)  
☐ Partial (\$10.00 fee)

Total Enclosed \_\_\_\_\_

- Make checks payable to: WAMI/Recovery
- Please return no later than September 10, 2002. Registrations will also be accepted at the door.
- Send to:  
WAMI  
802 NW 70th St  
Seattle, WA 98117

For site accommodations or interpreters call Ann Allen no later than September 12 at:  
206-291-1038 or 800-790-8049  
TTY 206-291-1059